

Farm



Fresh

May 2008

Available Now...

Rhubarb

As farmers' markets in Colorado begin to open, an early season crop to look for is rhubarb. Although used as a fruit in pies, rhubarb is actually classified as a vegetable. Rhubarb's sour stalks contain vitamin C, dietary fiber and calcium and are low in sodium



Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

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Rhubarb Crisp with Vanilla Sweet Cream

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Serves 8

Rhubarb Crisp

1 cup All Purpose Flour
3/4 cup Quick Oats
1 cup Brown Sugar, packed
1-1/2 tsp. Ground Cinnamon
1/2 cup Melted Unsalted Butter
4 cups Rhubarb Stalks, peeled and sliced
3/4 cup White Sugar
2 tbsp. Cornstarch
1/2 cup Cold Water
1-1/2 tsp. Vanilla Paste

Heat oven to 375°F. In medium stainless bowl combine the flour, oats, brown sugar, cinnamon and melted butter. Stir until moistened and crumbly in texture. Spray a 9x13 baking pan and press about 1/2 of the mixture into the bottom of the pan. Place rhubarb on top of pressed oat mixture. In stockpot combine the white sugar, cornstarch, water and vanilla paste then cook until thickened (about 12 minutes), stir well. Pour this mixture over the rhubarb and top with the remaining oat mixture. Place in the oven and bake 35-45 minutes or until golden and the mixture has started to bubble. Remove from the oven and let stand for 10 minutes before serving. Serve with vanilla sweet cream.

Vanilla Sweet Cream

2 cups Sour Cream
1 cup Buttermilk
3 tbsp. Vanilla Extract
3/4 cup White Sugar

In a medium stainless bowl add all ingredients and mix well.

Enjoy with a Colorado wine, such as a glass of Lipizzan White Port, from Graystone Vineyards, located in Clifton, Colorado.

Next Month... Lettuce